



Iowa Child and Adult Care Food Program Infant Foods tried at Home

Directions:

- Good communication between parents and caregivers is essential for successful infant feeding
- When babies can hold their necks steady, can sit with support and can hold food in the mouth and then swallow it, they may be ready to start solid foods. Generally this is between 4 to 6 months of age.
- It is important to avoid feeding solid foods until parents have consulted with the baby's doctor and have informed the caregiver. Babies younger than 4 months of age should not be fed solid foods unless authorized by the baby's doctor.
- Parents are encouraged to identify new foods to which the baby has successfully introduced, with the date, in the space provided below. Infant caregivers should keep a copy of this form, for each infant, in an accessible location for parents to provide updated information on an ongoing basis. Infant room staff should consult the form regularly before feeding infants.

Baby's name _____

Date of birth _____

Parent name(s) _____

A) Foods that my infant should not eat due to a food allergy or intolerance.

B) My infant is ready for foods, in addition to formula or breast milk, for the following meals:

Breakfast Date _____ AM Snack Date _____ Lunch Date _____ PM Snack Date _____
 Supper Date _____ Late Night Snack Date _____

C) Foods that have been successfully introduced at home:

For younger babies (under 8 months)

Additional foods for babies over 8 months (if ready).

Food	Date
Infant cereals	
Rice	_____
Oat	_____
Barley	_____
Strained or pureed cooked fruits and vegetables:	
Apples	_____
Apricots	_____
Bananas	_____
Peaches	_____
Pears	_____
Plums	_____
Prunes	_____
Carrots	_____
Green beans	_____
Peas	_____
Potatoes	_____
Squash	_____
Sweet potatoes	_____

Food	Date
Bread/crackers	
Bread/ toast/rolls	_____
Biscuits	_____
Graham crackers (no honey)	_____
Saltines	_____
Teething biscuits	_____
Tortilla wheat/corn soft	_____
Juice: full strength	
Apple juice	_____
Grape juice	_____
Pear juice	_____
Fruits	
small, soft pieces	
with no pits or seeds	
Cherries	_____
Grapes	_____
Melon	_____
Peach	_____
Vegetables	
small cooked soft pieces	
Same as listed for babies 4 - 6 mo.	
Protein foods	
soft, moist,	
finely chopped	
Beef	_____
Cooked dry beans	_____
Cheese mild thin slices	_____
Chicken	_____
Cooked egg yolk	_____
Cottage cheese	_____
Tuna	_____
Turkey	_____

Other foods and dates to start

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